

COVID-19 Return to School Update 1/20/2022

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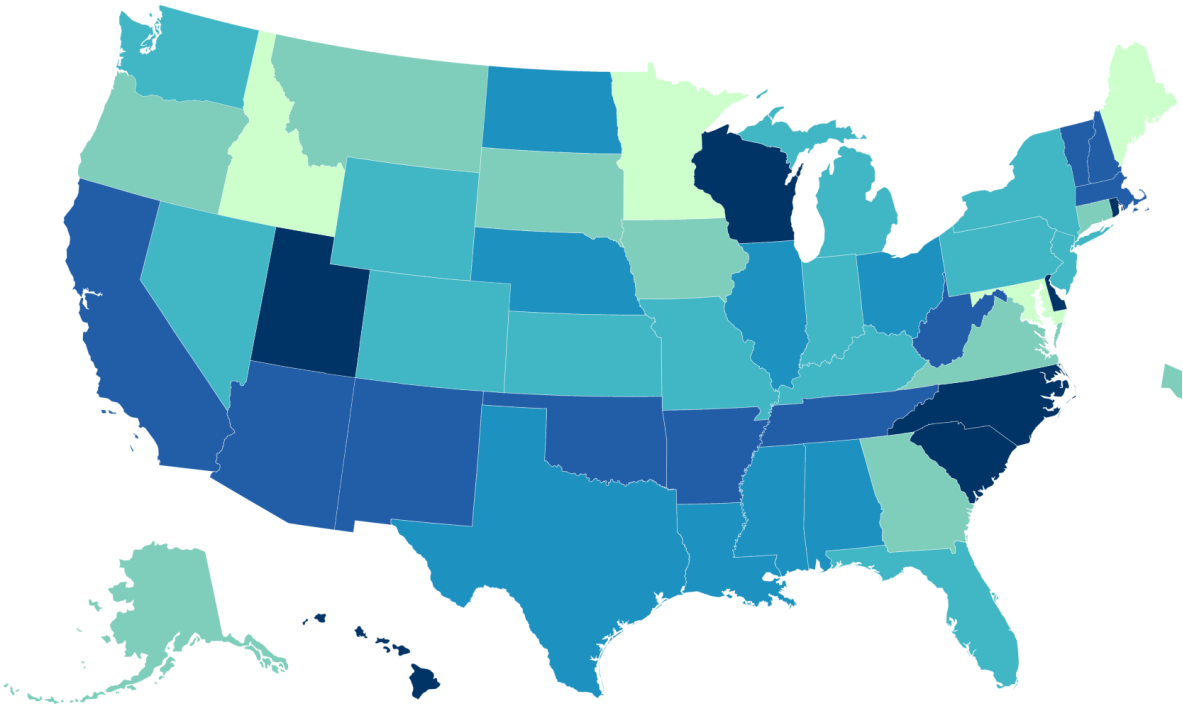
*Nick Staab, MD, MSPH – Medical Epidemiologist
Doreen Zannis, RN – Supervisor, Provisional School Staffing*

US COVID Data



| | | |
|---|--|--|
| TOTAL CASES 67,903,759 +930,765 New Cases | 7 DAY CASE RATE PER 100,000 1,592.1 | TOTAL DEATHS 853,230 +2,461 New Deaths |
|---|--|--|

US COVID-19 7-Day Case Rate per 100,000, by State/Territory



7-Day Case Rate per 100,000

| | | | | | |
|-----------|--------------|-------------|-------------|-------------|-------------|
| 0 - 862.0 | 891.9 - 1.3k | 1.3k - 1.5k | 1.5k - 1.6k | 1.7k - 2.0k | 2.0k - 2.9k |
|-----------|--------------|-------------|-------------|-------------|-------------|

Data updated 1/19/2022

Arizona

New Cases: 23,836

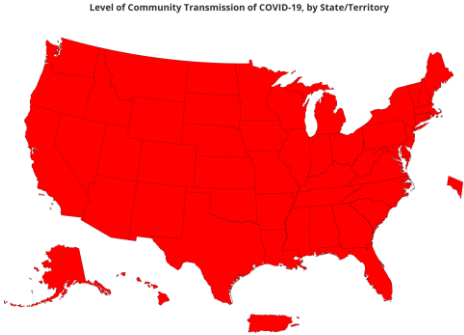
Cases in Last 7 Days: 140,114

Cases in Last 7 Days/100K: 1,925

7-day % Positivity: 25% +

Total Cases: 1,645,694

Total Cases/100K: 22,610

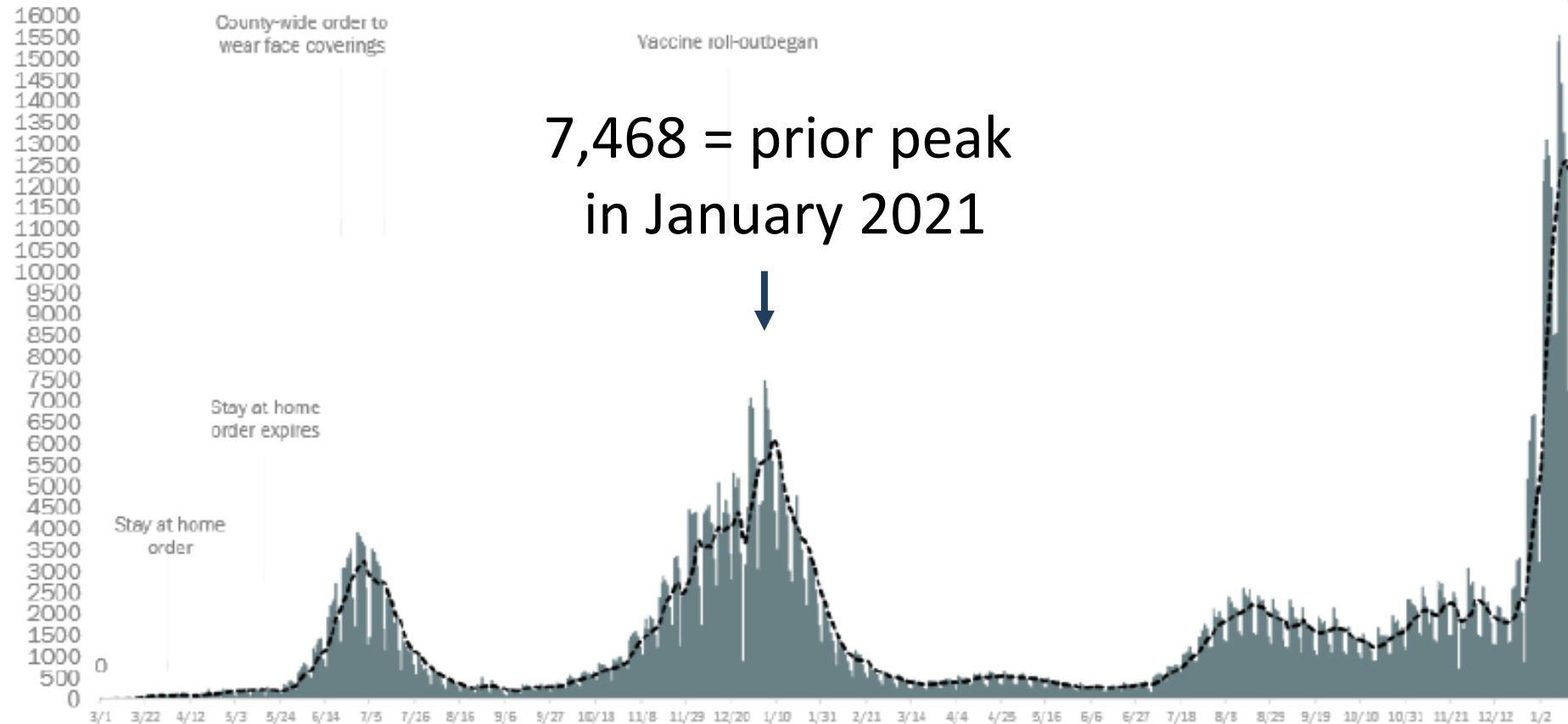


7-day average is over 12,000 cases per day with 15,569 cases at peak so far



Maricopa County has received **1,064,806 confirmed and probable COVID-19 cases.**

This number is likely to increase as there is a 4 day reporting delay from when specimens were collected.



Date of specimen collection

The dotted line, or trend line, represents an average of the last 7 days.

Epi Curve by Daily Case Counts

COVID-19 in Maricopa County



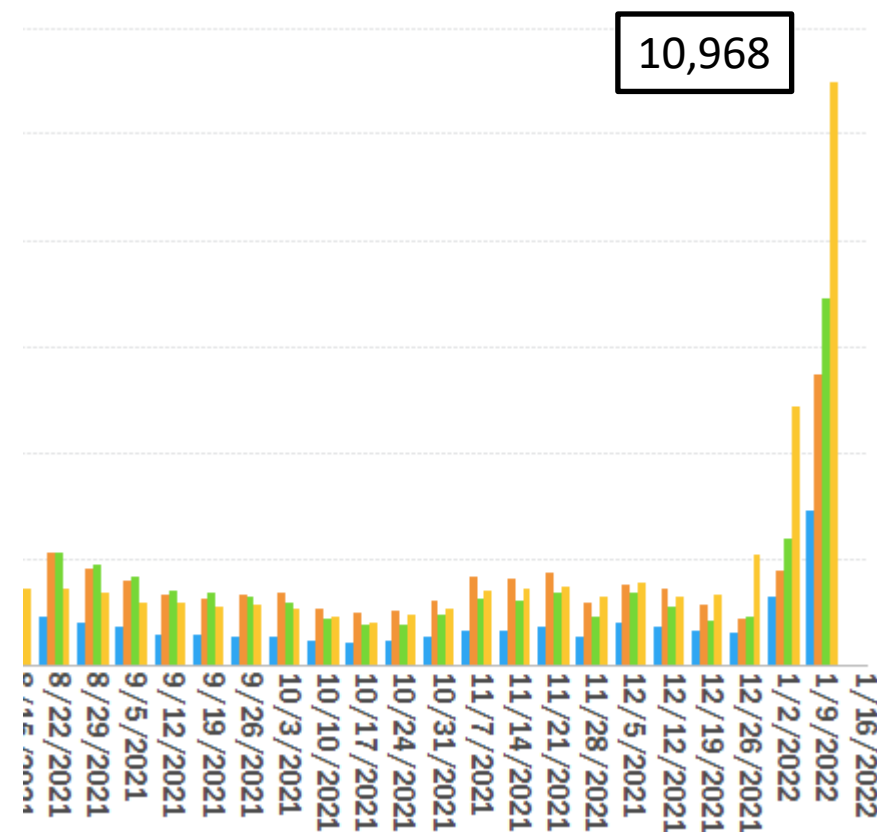
Rate Benchmark: Dates 01/09/22 - 01/15/22



2008

cases per 100,000 Maricopa County
residents per week

✓ Ages 0-5 ✓ Ages 6-12 ✓ Ages 13-18 ✓ Ages 19-24



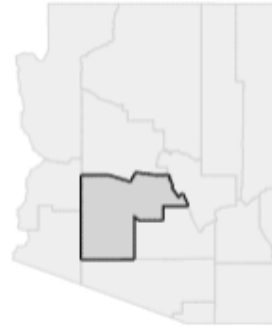
Data updated 1/19/22

[MCDPH Data Dashboard](#)

ADHS Schools Dashboard – Maricopa County

January 20, 2022

Select a county to filter the data.



What is this dashboard?

Hover over the icon to get more information on the data in this dashboard.



ADHS County-Level School Benchmarks

This dashboard is used to determine the level of community spread of COVID-19 in Arizona and assist with decision-making for the types of delivery model schools may consider.

Time Frame

The transmission indicator on this dashboard uses data from the most current complete calendar week (Sunday through Saturday). The week displayed now is:



Overall Indicator

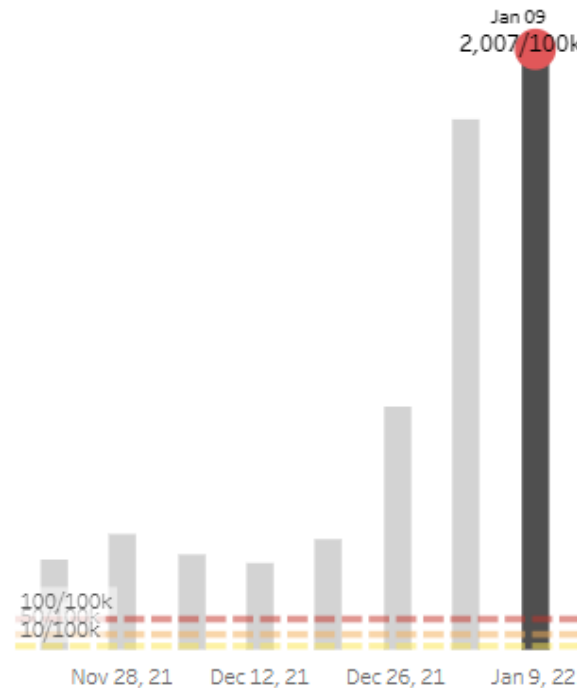
If the two indicator differs for the two metrics, the higher transmission level is chosen.

Showing data for **Maricopa County**

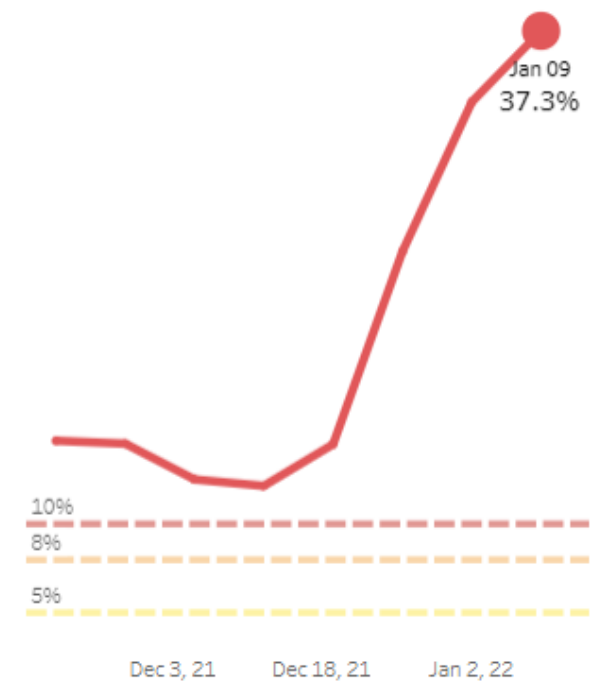
High Transmission

Hover for more information.

Cases per 100,000 individuals: **High**



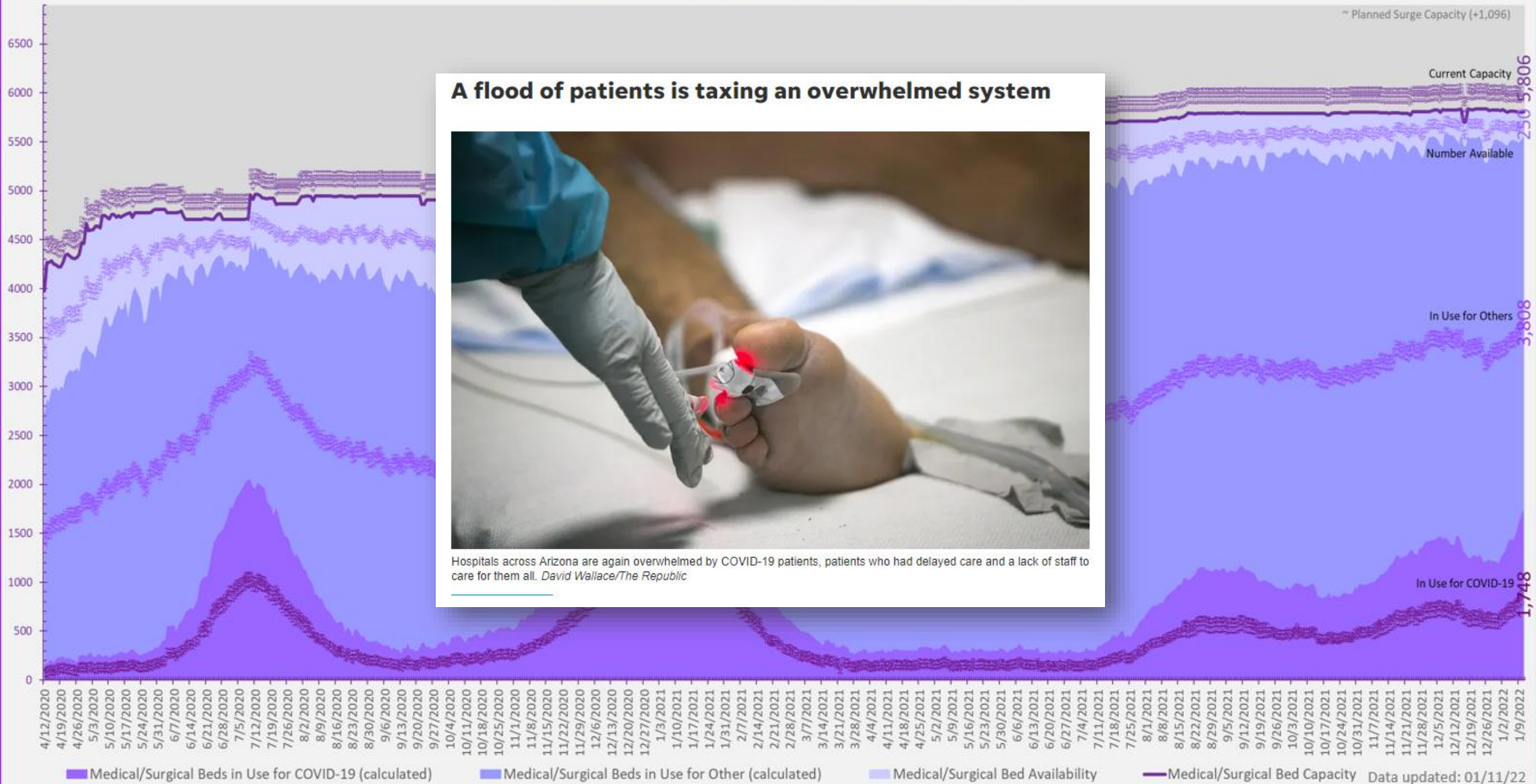
Percent positivity: **High**



Date Updated: 1/20/2022

Medical/Surgical Bed Capacity, In-Use, Available

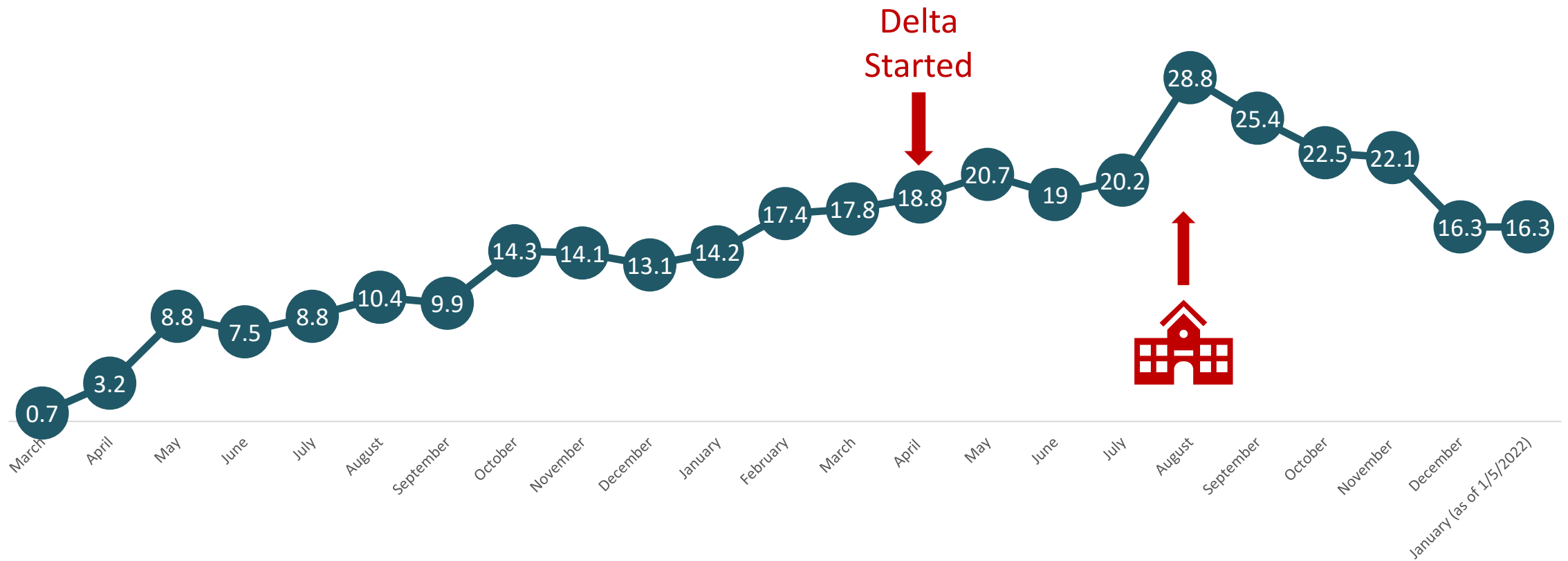
EMResource AZ Central Region - Daily Mean (AM+PM/2) - Since April 12, 2020



1 in 6 cases are among children



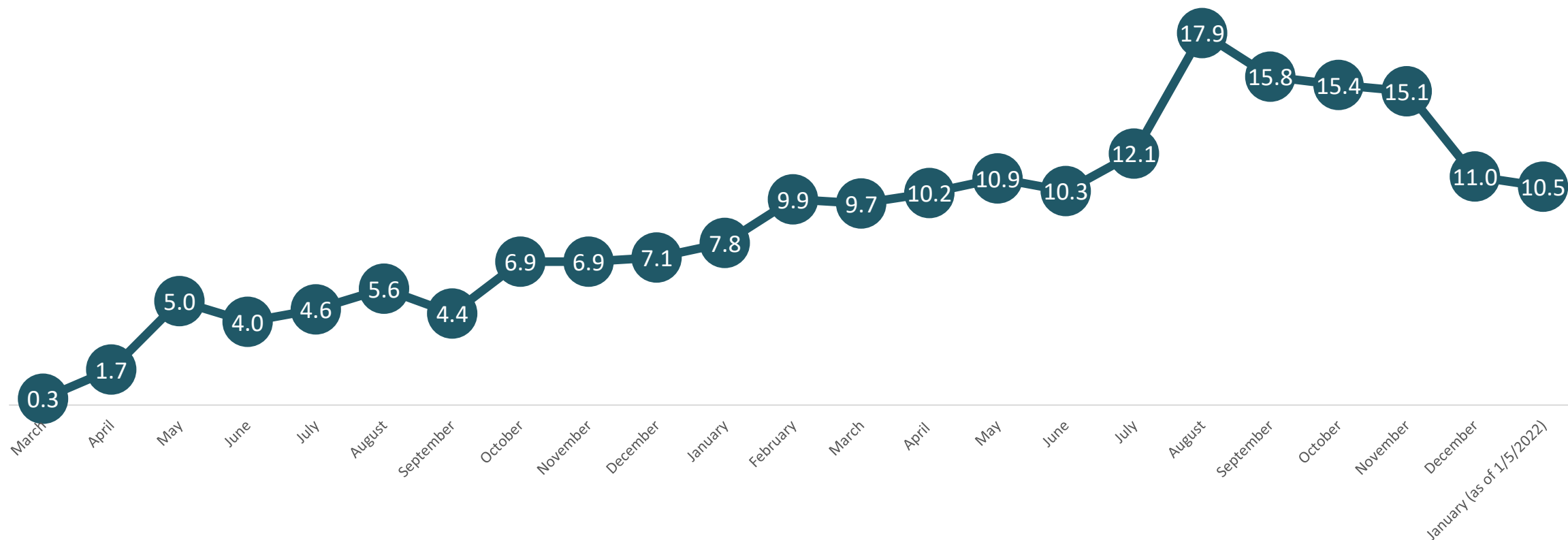
Percentage of COVID-19 cases that are among children (<18 years of age)



1 in 10 cases are among children under 12



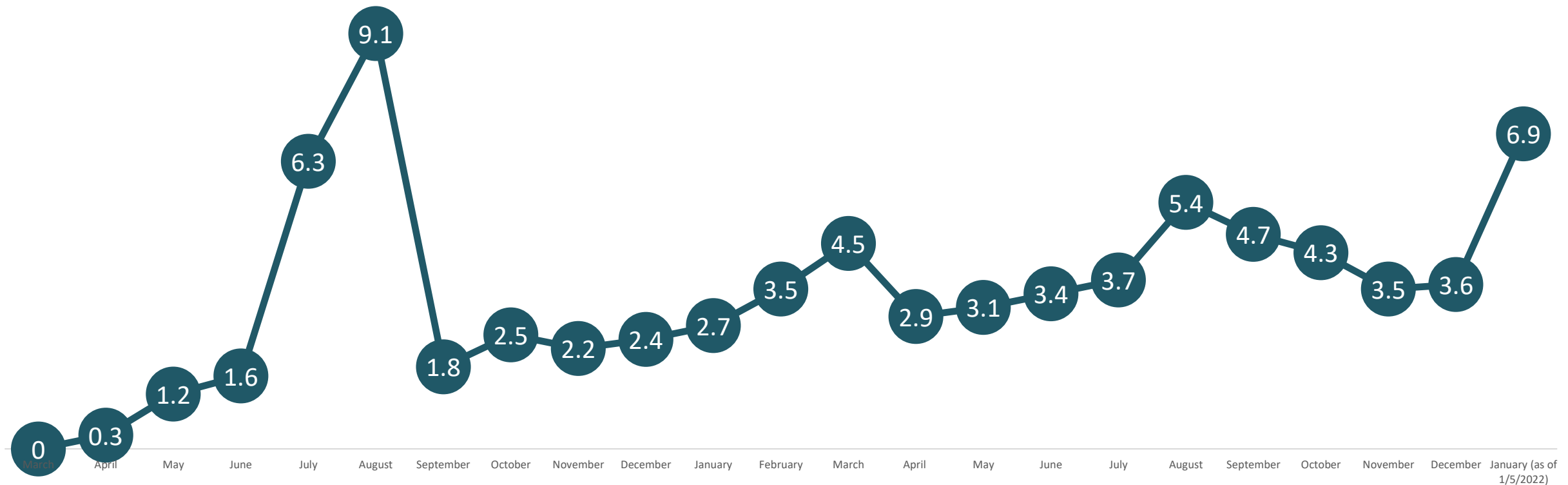
Percentage of COVID-19 cases that are among children (< 12 years of age)





Children account for **7%** of hospitalizations

In December, there were 79 pediatric hospitalizations due to COVID-19 identified.

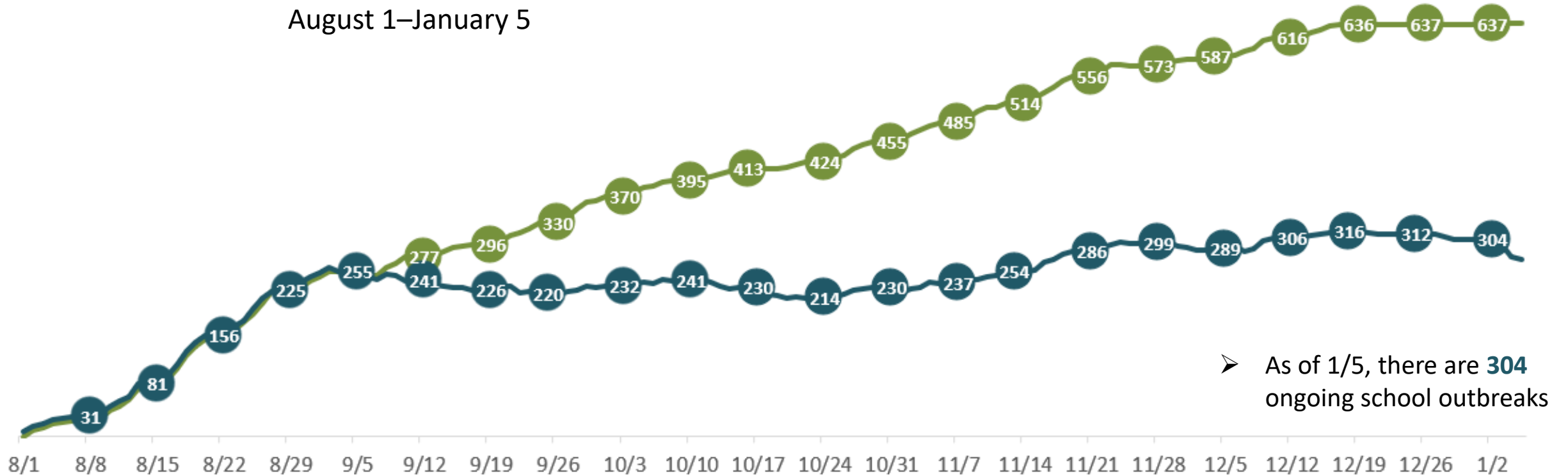


Percentage of hospitalizations that are among children (<18 years of age)

Newly identified school outbreaks have continued to rise since schools opened



Number of **newly identified school outbreaks**
and **school outbreaks currently ongoing** by day
August 1–January 5



➤ As of 1/5, there are **304** ongoing school outbreaks

MCDPH Updated Isolation and Quarantine Recommendations for K-12 Schools



- **Require** isolation for 5 days at home followed by 5 days wearing a mask per CDC guidelines
- Continue to recommend that schools follow CDC Guidance for COVID-19 Prevention in K-12 Schools
- Quarantine is recommended per CDC guidelines
- MCDPH is offering risk-based guidance on alternatives to CDC at-home quarantine including test-to-stay guidance
- Exclusion

| <div> <div>Lower</div> <div>Risk Level</div> <div>Higher</div> </div> | Quarantine Policy | School-wide Face Coverings Required | Case Masked During Exposre | Exposed Contact Masked During Exposure | Contact Wears Mask at School During 10-day Quarantine Regardless of Vaccination Status |
|---|---|-------------------------------------|----------------------------|--|--|
| | 5-Day At-home Quarantine + 5 Days Masked per CDC guidance | Yes | Not applicable | Not applicable | Not applicable |
| | 10-day School-based Quarantine for Asymptomatic Contacts | Yes | Yes | Yes | Yes |
| | 10-day School-based Quarantine for Asymptomatic Contacts | No | Yes | Yes | Yes |
| | 10-day School-based Quarantine for Asymptomatic Contacts | No | No | Yes | Yes |
| | 10-day School-based Quarantine for Asymptomatic Contacts | No | No | No | Yes |
| | 10-day School-based | | | | |

| | | | | |
|--|--|-----|-----|-----|
| 10-day School-based Quarantine for Asymptomatic Contacts | Yes | Yes | Yes | Yes |
| 10-day School-based Quarantine for Asymptomatic Contacts | No | Yes | Yes | Yes |
| 10-day School-based Quarantine for Asymptomatic Contacts | No | No | Yes | Yes |
| 10-day School-based Quarantine for Asymptomatic Contacts | No | No | No | Yes |
| 10-day School-based Quarantine for Asymptomatic Contacts | Quarantine In school without wearing a mask Is NOT recommended | | | |

Overarching Concepts



- All options above require timely individual case investigation and contact tracing to be successful
- Testing guidance
 - Testing with COVID-19 PCR or antigen test is recommended
 - As soon as the exposure is identified and
 - Again after 5 full days following the exposure
- More testing decreases risk, however test availability may limit testing frequency
- Symptomatic students are not eligible to participate in modified quarantine until they have tested negative and have been fever-free for a minimum of 24 hours without fever-reducing medication



Reality during the Omicron Surge

Striking a balance to keep kids in school and
maintain safety

If case investigation and contact tracing cannot be done in a timely manner



- MCDPH **strongly** recommends a temporary **mask requirement** to get through the Omicron surge until
 - **Timely** case investigation and contact tracing can be performed
 - Adequate testing resources are available
- If a mask requirement is in place, schools may continue to allow exposed unvaccinated students to attend school even if testing is not available, as long as students wear a mask in school
- **All COVID-19 positive students must isolate at home** for 5 days after positive test or symptom onset and wear a mask for 5 more days upon return to school, regardless of vaccination status

Reminder – Quarantine & Isolation Guidance



Get Vaccinated



Find a Testing Site



Request PPE & Other Resources



Contact Tracing

Things to Know

- **Sick or exposed to someone with COVID-19? Read this regarding updates to CDC quarantine and isolation guidance**
 - On January 4, CDC updated its COVID-19 [isolation and quarantine recommendations](#) for the general public, K-12 schools, and worksites (non-healthcare settings) with shorter isolation (for asymptomatic and mildly ill people) and quarantine periods of 5 days to focus on the period when a person is most infectious, followed by continued masking for an additional 5 days. Read more on [why CDC made this guidance change](#).
 - MCDPH has updated its [isolation and quarantine guidance documents](#) and is working to update text on the website pages, including FAQs, to align with the new recommendations. Please refer to guidance documents for most current information.
 - **If you have symptoms or tested positive:** [Find out how long you should isolate](#).
 - **If you were exposed and do not have symptoms:** [Find out if you should quarantine and if so, for how long](#).
 - This guidance change does not apply to [healthcare settings](#), [correctional institutions](#), or [homeless shelters](#). CDC provides separate, specific guidance for these settings.

[Quarantine](#)

[Isolation](#)



What masks should be required?

- Any mask is better than no mask
- Masks and respirators are effective at reducing transmission of SARSCoV-2, the virus that causes COVID-19, when worn consistently and correctly.
- CDC continues to recommend that you wear the most protective mask you can that **fits well and that you will wear consistently**
- Some masks and respirators offer higher levels of protection than others, and some may be harder to tolerate or wear consistently than others.
- It is most important to wear a well-fitted mask or respirator correctly that is comfortable for you and that provides good protection.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html>

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>

What about respirators?



- While all masks and respirators provide some level of protection, **properly fitted respirators provide the highest level of protection**
- Wearing a highly protective mask or respirator may be most important for certain higher risk situations, or by some people at increased risk for severe disease
 - Immunocompromised and certain high risk conditions (see below)
 - Exposed to lots of people in crowded settings
- CDC's mask recommendations provide information that people can use to improve how well their masks protect them.

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html>

Will MCDPH provide more protective masks to schools



- MCDPH is purchasing surgical masks to provide to students who do not have access to them
- Surgical masks will not fit every face, especially young children
- For children that do not have a good fit with surgical masks, CDC and MCDPH recommend that they wear two masks (disposable mask underneath AND cloth mask on top)
- Some N-95s will be available for school staff assisting with COVID-19-related activities (e.g. healthcare, contact tracing, case investigation and those who encounter ill individuals)

Request from www.PPE.Maricopa.gov

Other support for Schools



- MCDPH will continue to provide the following for schools
 - Paid staff to assist with case investigation and contact tracing
 - Antigen tests for both sick and exposed (based on availability)
 - Work with schools to encourage parents to test at home to minimize burden on school staff once more testing is available

Booster Doses



- Everyone 12+ should get a booster dose 5 months after their second dose of Pfizer/Moderna or 2 months after J&J
- Vaccine effectiveness against omicron infection rises from 40% to near 80% after being boosted (Pfizer data)
- The vaccine effectiveness after a booster dose rises much faster than after the primary series (hours to days vs weeks)
- [Vaccine Finder](#)

MCDPH Provisional School Staffing



Our purpose is to offset the added workload from COVID-19 related tasks, **through the end of the school year**.

WHEN can I get provisional staff?

Health Disparity Grant Matrix Prioritizes Assignments

HOW MANY provisional staff can I get?

Equitable staffing amongst all districts, inclusive of the charter system and private schools

SIGN UP = <https://ppe.maricopa.gov/K12Support>

Provisional Staffing & District Partnership



Our goal is to provide meaningful school support.

*Like our mascots, provisional staff are **flexible** and **nimble**!*



Provisional staff are
NOT MEDICALLY CERTIFIED



Provisional staff
CANNOT BE LEFT ALONE
WITH STUDENTS

- *40 hrs. per week is preferred*
- *a minimum of 20 hrs. per school per week*
- *Signed Code of Conduct & Confidentiality statements (ARS, HIPPA, FERPA)*
- **District Action: System access = create mcdph proxy address**

MCDPH Provisional School Staffing Team



Questions? Connect with us:

1. SchoolsStaffingTeam@maricopa.gov
2. Talk with a **Regional School Coordinator**
 - Ethan: 602-372-1424
 - Kyle: 602-372-1443
 - Main: 602-372-2060
3. Doreen Zannis, R.N.
 - (O) 602-372-2655
 - BAT Phone 602-686-5338



Childcare, preschools, and Head Start



- If an infant is exposed, can they return on day 7 if they have a negative test result from day 5-7 without wearing a mask?
 - Not vaccinated, unable to wear a mask, but negative test
 - May return after day 7 (so return on day 8) as long as no symptoms
- 8-month-old taken to ED. Parent was told the child has bronchiolitis and it is not contagious. They told her he could go to childcare if it was ok with Mom. They did not think he had COVID, they did not test him. Since he has symptoms similar to COVID can he return to childcare.
 - Many causes of bronchiolitis are contagious. The child should be tested for COVID. In addition, even if negative, the child should stay home while sick and only return when afebrile for 24 hours and symptoms, including cough, improving
- Director asking about Maricopa flow charts. States on the flow chart that COVID symptoms can develop in 2-14 days. Is this correct, or was the flow chart not updated with the new 10-day quarantine? Confusing because you only have to quarantine for 10 days but can develop symptoms up to 14 days.
 - It is true that symptoms can develop between 2 and 14 days after exposure. However, most individuals develop symptoms in the first 2-7 days after exposure. The 10-day quarantine guidance, with test for early release after day 7, is based on the lower risk of developing symptoms between days 8-14.

Childcare, preschools, and Head Start



- If a one-year-old is exposed and quarantines for 5 days, can they return to childcare with a mask on?
 - In general, children under 2 years of age should not be masked, they should quarantine for 10 days, or if tested negative after day 5 return after 7 days of quarantine
- How many tests should I take to determine my COVID status after being exposed?
 - Test if you become symptomatic
 - Test on or after day 5
 - Wear a mask around others for 10 full days
- Can preschoolers who are good mask wearers return to school after 5 days of quarantine or isolation if they will need to remove mask during meals , naps, and possibly playground.
 - We do NOT recommend returning after 5 days. Meals may be easier to social distance, but one cannot wear a mask when napping. If a close contact cannot consistently wear a mask after day 5 around others, a 10-day quarantine is recommended. It is possible to release early from quarantine on day 8 if symptom-free AND if the child has a negative test taken after day 5
- Pink eye, can this possibly be a symptom of COVID?
 - COVID can cause conjunctivitis (pink eye), around 1-3% of cases and usually with more severe disease (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7264785/>) If it is the ONLY symptom, consider other diagnoses as well, however individuals should still be isolated to prevent transmission.

School-Sponsored Vaccine Events



If you are having trouble finding a vendor to conduct a **vaccine event** at your school, MCDPH may be able to help integrate

There is limited availability for some of our vendors in **late January and early February (M-F)**

MCDPH will prioritize requests based on:

- Schools who have not had events
- Low zipcode vaccination rates
- Availability of other vaccination events in area
- Population served

Next Steps

1. *Contact School Health*

SchoolHealth@Maricopa.gov

2. *Get connected with a vendor*

3. *Schedule a site visit*

What does it take to offer a vaccine event at your school?

School:

- Open to entire community
- Market to school community
- POC to coord with MCDPH
- Staff or volunteers for event
 - Greeters, runners, etc.
- Tables, chairs, cones, etc.

MCDPH Commitment:

- Connect school w/ pharmacy/vaccine provider
- Market event on county platforms
- Provide volunteer vaccinators
- Troubleshoot logistical challenges as needed

School PPE, Cloth mask, Disinfectant & Testing Requests



- To request Hand Sanitizer, Cleaning Supplies, PPE, Testing supplies, etc... fill out a request at <https://ppe.maricopa.gov/>

Public Health Supplies Request Form

Contact Facility PPE Vaccine Testing Additional Submit

Please fill out this request form to the best of your abilities. Your request will be sent to the MCDPH Logistics Team for review and prioritization.

Contact Information

If you are a Private Practice or Private Doctor's Office please go to the Maricopa County Medical Society for requesting PPE. [Click here for their Request Form!](#)

Please provide the contact information for the person completing this form. For questions contact

First Name *
Principle

Last Name *
McGee

Phone Number * 6025551234 Email Address * Principle.McGee@RydellHigh.edu

Director of Nursing/Supply Chain Manager/Principal or Superintendent

Please provide the contact information for the person that can discuss or manages PPE inventory needs for your organization.

☒ Same as above

First Name *
Principle

Last Name *
McGee

Phone Number * 6025551234 Email Address * Principle.McGee@RydellHigh.edu



Disinfectant



Surgical Masks



Vaccination Supplies



N-95 Respirators



Adult size



Pediatric size



Masks for Musicians

E-mail School Health



Hand Sanitizer



Testing Supplies



Request 1-Month supply please

Check for updates and FAQs!



- Email us:
 - COVID19Vaccine@maricopa.gov
 - SchoolHealth@maricopa.gov
- Call our CARES Team: (602) 506-6767
- Online resources:
 - [MCDPH COVID Home Page](#) Links to County-wide data, testing sites, vaccine sites
 - [MCDPH K-12 Schools & Childcare Page](#)
 - [MCDPH Community Spread Dashboard](#) - Community spread rates by ZIP code, city, and school district
 - [AZDHS COVID Home Page](#)
 - [AZDHS Data Dashboard](#)
 - [CDC COVID Data Tracker](#)

Protect yourself and stop the spread!



- **Wear a face mask** in public indoor settings
- **Get vaccinated** if you are eligible, even if you have had COVID-19
- Get a **booster** if you are 12+ years old
- **Distance**
- **Don't touch** your eyes and nose



for max protection
MASK ON
even if you got your
FULL VAX ON

COVID-19 Delta cases are on the rise so your levels of protection should be too. Vax up, then mask up to get max protection for yourself and loved ones.

take care

Vist maricopa.gov/covid19 for more information.

COVID-19 Isolation and Quarantine



- Isolation is for people who test positive for COVID-19 or are exposed and symptomatic without test results
- Quarantine is for people who have close contact exposure to COVID-19 and have no symptoms
- At home isolation and quarantine reduced to 5 days with an ADDITIONAL 5 days of quarantine outside home **with a mask**
- If a person cannot mask they should complete 10 days of isolation or quarantine at home
- For quarantine, the option remains to test after 5 days and, if negative, end quarantine after 7 days
- Quarantine exceptions apply based on up-to-date vaccination status and recent COVID-19 infection in the last 90 days

COVID-19 Home Isolation Guidance Flow Chart

Revised January 7, 2022 — Additional updates may occur as CDC formalizes its latest guidance.



START

Do you have **symptoms**¹ consistent with COVID-19, and/or have you tested **POSITIVE** for COVID-19?

1. Symptoms of COVID-19 can range from mild to severe illness, may appear 2 to 14 days after exposure, and may include:

- Congestion or runny nose
- Cough
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Fever or chills
- Nausea or vomiting, diarrhea
- Headache
- Shortness of breath or difficulty breathing
- Fatigue (not as sole symptom in school setting)

NO, I do not have symptoms¹
but
YES, I tested POSITIVE

ISOLATE until it has been **at least 5 full days** since your positive test sample was taken. You may leave isolation after at least 5 days if you **wear a mask** around others until it has been **10 days** since your positive test sample was taken. During this time, you should avoid situations where a mask cannot be worn (e.g., while eating in a restaurant), exposure to high-risk populations, and travel.

Re-evaluate if symptoms appear during this time.¹

YES, I have symptoms¹
and
YES, I tested POSITIVE

ISOLATE until it has been **at least 5 full days** since your symptoms appeared **and** until you have been fever-free for **at least 24 hours** (without the use of fever-reducing medication) **and** your other symptoms are improving.

You may leave isolation after at least 5 days if you **wear a mask** around others until it has been **10 days** since your symptoms appeared. During this time, you should avoid situations where a mask cannot be worn (e.g., while eating in a restaurant), exposure to high-risk populations, and travel.

YES, I have symptoms¹
but

NO, I am UNTESTED, or NO, awaiting my test result
Get tested if you have not already and follow the **POSITIVE** guideline at left until you know your result, then re-evaluate.

YES, I have symptoms¹
but

NO, I tested NEGATIVE
ISOLATE until you have been **fever-free** (without the use of fever-reducing medication) for **at least 24 hours** and your other symptoms are improving.

NO, I do not have symptoms¹
and

NO, I am UNTESTED, or NO, awaiting my test result, or NO, I tested NEGATIVE
No isolation needed.
Re-evaluate if symptoms appear.

SPECIAL EXCEPTIONS FOR PEOPLE IN ISOLATION

1. People who are unable to mask should **ISOLATE** for **at least 10 full days** from the time symptoms appeared (or when positive test sample was taken, if asymptomatic, and re-evaluate if symptoms appear¹).

2. People in high-risk settings (including healthcare patients, LTCF residents, homeless shelter clients, and correctional facility inmates/detainees) should **ISOLATE** for **at least 10 full days** from the time symptoms appeared (or when positive test sample was taken, if asymptomatic, and re-evaluate if symptoms appear¹).

3. People who are severely immunocompromised need to **ISOLATE** for **at least 10 full days**. In consultation with their healthcare provider, they may need to **ISOLATE** for up to 20 days and be tested before being around others.

4. People who are severely ill from COVID-19 including those hospitalized, admitted to the ICU, or who required ventilation need to **ISOLATE** for **at least 10 full days**. In consultation with their healthcare provider, they may need to **ISOLATE** for up to 20 days and be tested before being around others.

6. Healthcare personnel who are returning to work from **ISOLATION** should consult CDC's **Interim Guidance for Managing Healthcare Personnel** at: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html>

SPECIAL EXCEPTION

Close Contacts²

If you were exposed to someone with COVID-19, you may be subject to **QUARANTINE**.

See the guideline at www.maricopa.gov/COVIDquarantine

2. Close Contacts are people who were **within 6 feet** of a person with COVID-19 while infectious for a **cumulative total of 15 minutes or more over a 24-hour period**, regardless of whether masks were worn. **[Exception: in the K-12 setting, a student who was within 3-6 feet of an infected student is not considered a close contact if both students were engaged in consistent and correct use of well-fitting masks at all times. This exception does not apply to teachers, staff or other adults in the classroom setting.]**

<https://www.maricopa.gov/DocumentCenter/View/58863/Home-Isolation-Guidance?bidId=>



During and immediately after **isolation:**

- For **at least 5 days** after the start of your symptoms (or date you were tested, if you do not have symptoms):
 - **Isolate** at home and away from others, except to get essential medical care. This includes:
 - Not going to work*, school, or public areas
 - Not traveling or using public transportation, rideshares, or taxis
 - **Separate** yourself from others in your home, as much as possible. Stay in a separate room and use a separate bathroom, if possible. If you cannot separate from others at home, you need to wear a **well-fitting mask** when you are around others.
- You may leave your home after **isolating** for at least 5 full days from the start of your symptoms (or date you were tested, if you are symptom-free) if you do not have a fever and your other symptoms are improving. For the 5 days **after isolation** (i.e., days 6–10):
 - Wear a **well-fitting mask** when around others. You should not do things or go to places where you are unable to wear a mask (e.g., eating with others, going to restaurants, gyms, etc.).
 - If you cannot wear a mask, **isolate** at home for at least 10 full days from the start of your symptoms (or date you were tested, if you are symptom-free).
 - **Avoid those at higher risk** for getting very sick from COVID-19 (e.g., immunocompromised, nursing homes).
 - **Avoid travel**. If you must travel, you may after 5 full days and only if always wearing a **well-fitting mask**.
- **Take steps to improve ventilation at home**, if possible.
- **Do not share household items** like dishes, cups, eating utensils, and bedding.
- **Monitor your symptoms**. Seek emergency medical care if you have an **emergency warning sign**.

*This **Isolation** guidance applies to most people under most circumstances. However, there are return-to-work guidelines for Healthcare Personnel who should follow CDC's [Interim Guidance for Managing Healthcare Personnel](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html) at www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html. This includes (but is not limited to) emergency medical service personnel, nurses, nursing assistants, home healthcare personnel, physicians, technicians, therapists, phlebotomists, pharmacists, dental healthcare personnel, students and trainees, contractual staff not employed by the healthcare facility, and persons not directly involved in patient care but who could be exposed while working in the healthcare setting.

Home Isolation Tool



- Our interactive tool to help determine how long a person should isolate if they have COVID-19 or symptoms consistent with COVID-19 is updated.
- Spanish translation is coming soon
- [LINK HERE](#)

The screenshot shows the Maricopa County Public Health logo at the top, with the tagline 'WeArePublicHealth.org'. Below the logo is the title 'How Long Should I Isolate at Home?'. The main text explains that isolation is for people who have tested positive or have symptoms consistent with COVID-19 and are waiting to be tested or diagnosed. It states that isolation prevents the spread of COVID-19 by asking people to stay away from others until they can no longer transmit the virus. The text then mentions that the Maricopa County Department of Public Health 'Isolation Guidance' aligns with recommendations from the CDC and the Arizona Department of Health Services. A list of factors that determine the length of isolation is provided: being tested for COVID-19, having symptoms, and being able to wear a mask. At the bottom, it says that the questionnaire can be used to help determine how long to isolate at home, and that no personal information is required. A blue arrow button is in the bottom right corner.

Maricopa County Public Health
WeArePublicHealth.org

How Long Should I Isolate at Home?

It can be confusing to know how long you should isolate at home if you might have COVID-19. Isolation is for people who have tested positive or have symptoms consistent with COVID-19 and are waiting to be tested or diagnosed. It prevents the spread of COVID-19 by asking people who have COVID-19 (or symptoms) to stay away from others until they can no longer transmit the virus to others.

The Maricopa County Department of Public Health [Isolation Guidance](#) aligns with recommendations from [CDC](#) and the [Arizona Department of Health Services](#).

The length of time you should isolate depends on if you:

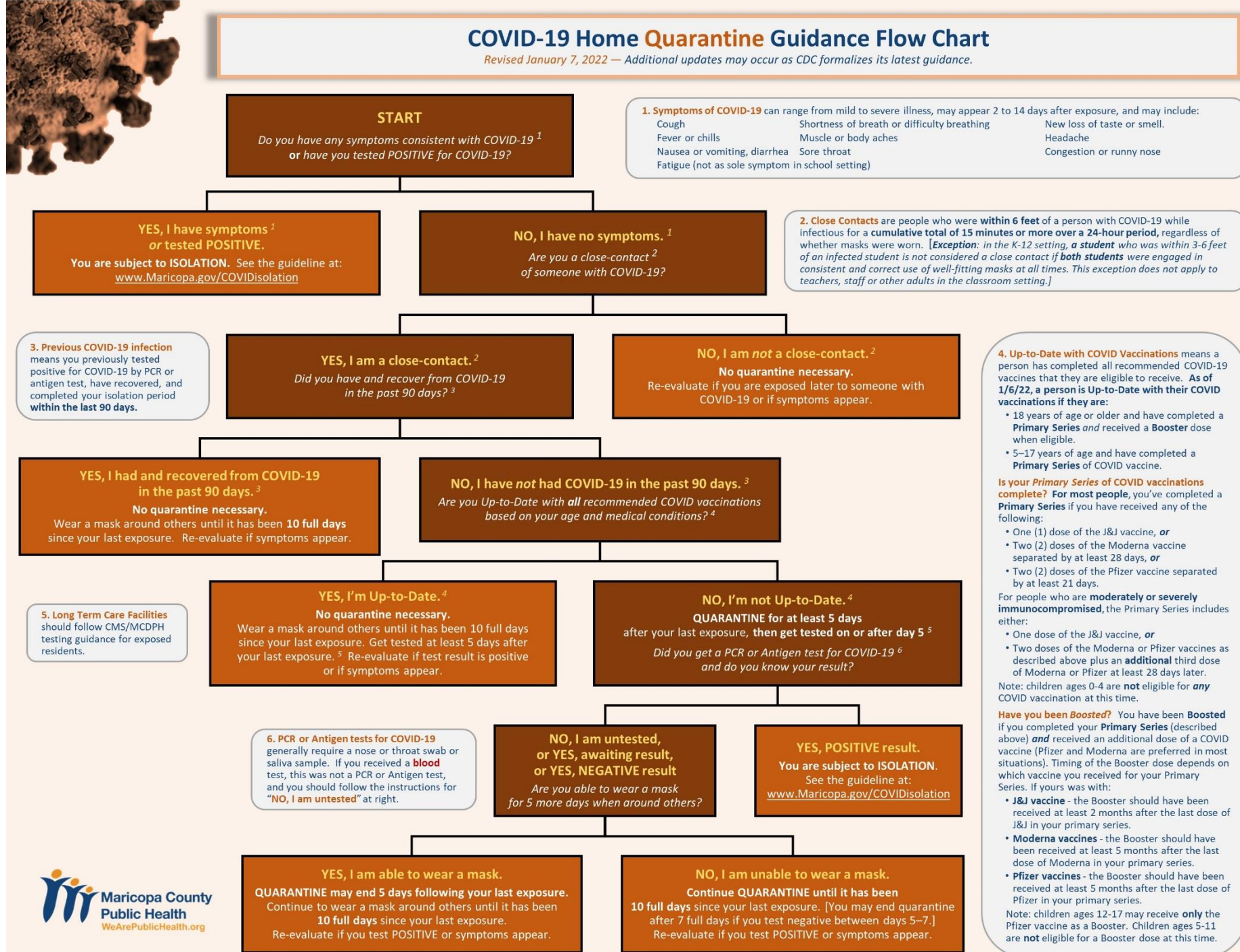
- Were **tested** for COVID-19 and the **test result**;
- Have any **symptoms** consistent with COVID-19; and
- Are able to **wear a mask**.

You can use this questionnaire to help determine how long you should isolate at home. No personal information is required.

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COVID-19 Home Quarantine Guidance Flow Chart

Revised January 7, 2022 — Additional updates may occur as CDC formalizes its latest guidance.





If you are in **quarantine** you should:

- Stay home and away from others for at least 5 days following your last exposure. Do not travel during this time.
- Get a PCR or antigen test at least 5 days after your last exposure. If you test positive, follow the [isolation guidelines](#). You may travel after 5 full days following your last exposure if your test is negative and you do not have any symptoms**.
- For 10 days following your last exposure:
 - Avoid [those at higher risk](#) for getting very sick from COVID-19.
 - Wear a [well-fitting mask](#) when around others. You should not do things or go to places where you are unable to wear a mask (e.g., eating with others, going to restaurants, gyms, etc.).
 - Monitor yourself for symptoms consistent with COVID-19**. If you develop symptoms, you should get tested immediately with a PCR or antigen test, isolate, and follow [isolation guidelines](#).
 - Do not travel if you did not get tested at least 5 days after your last exposure.
- If you cannot wear a mask, quarantine for 10 days following your last exposure. You may end quarantine early after 7 days if you received a negative test between days 5–7.

Even if you don't need to **quarantine** you should:

- Get a PCR or antigen test at least 5 days after your last exposure. If you test positive, follow the [isolation guidelines](#).
- Wear a [well-fitting mask](#) when around others for 10 days after your last exposure.
- Monitor yourself for symptoms consistent with COVID-19** for 10 days after your last exposure. If you develop symptoms, you should get tested immediately with a PCR or antigen test, isolate, and follow [isolation guidelines](#).

Regardless of whether you need to quarantine, if you develop any symptoms consistent with COVID-19 in the 10 days following your last exposure, you need to:**

- **Isolate** away from other people.
- **Get a COVID-19 PCR or antigen test.** This can be done at a healthcare facility, testing event, or at home. Call 2-1-1 to find a testing site.
- **Follow the COVID-19 Home Isolation Guidance** at: www.Maricopa.gov/COVIDisolation

*This **Quarantine** guidance applies to most people under most circumstances. However, there are return-to-work guidelines for **Healthcare Personnel** who should follow CDC's [Interim Guidance for Managing Healthcare Personnel](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html) at www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html. This includes (but is not limited to) emergency medical service personnel, nurses, nursing assistants, home healthcare personnel, physicians, technicians, therapists, phlebotomists, pharmacists, dental healthcare personnel, students and trainees, contractual staff not employed by the healthcare facility, and persons not directly involved in patient care but who could be exposed at work in the healthcare setting.



Who is not included?

- *Children < 2 years of age, or other individuals who are unable to wear a mask.*
 - People who [cannot wear a mask](#), including children < 2 years of age and people of any age with certain disabilities, should isolate (if infected) and quarantine (if exposed) for 10 days.
- *People who have moderate or severe illness*
 - People who have [moderate](#) COVID-19 illness should isolate for 10 days.
 - People with severe COVID-19 illness (e.g., [requiring hospitalization, intensive care, or ventilation support](#)) should [isolate](#) for at least 10 days and may need to isolate longer after symptom onset. They should consult with their healthcare provider to determine the appropriate duration of isolation.
- *People who are immunocompromised*
 - This guidance is not intended for people who are [immunocompromised](#) who might have a longer infectious period. For guidance on moderately or severely immunocompromised people with COVID-19 in non-healthcare settings, please see [Ending Isolation and Precautions for People with COVID-19: Interim Guidance \(cdc.gov\)](#).